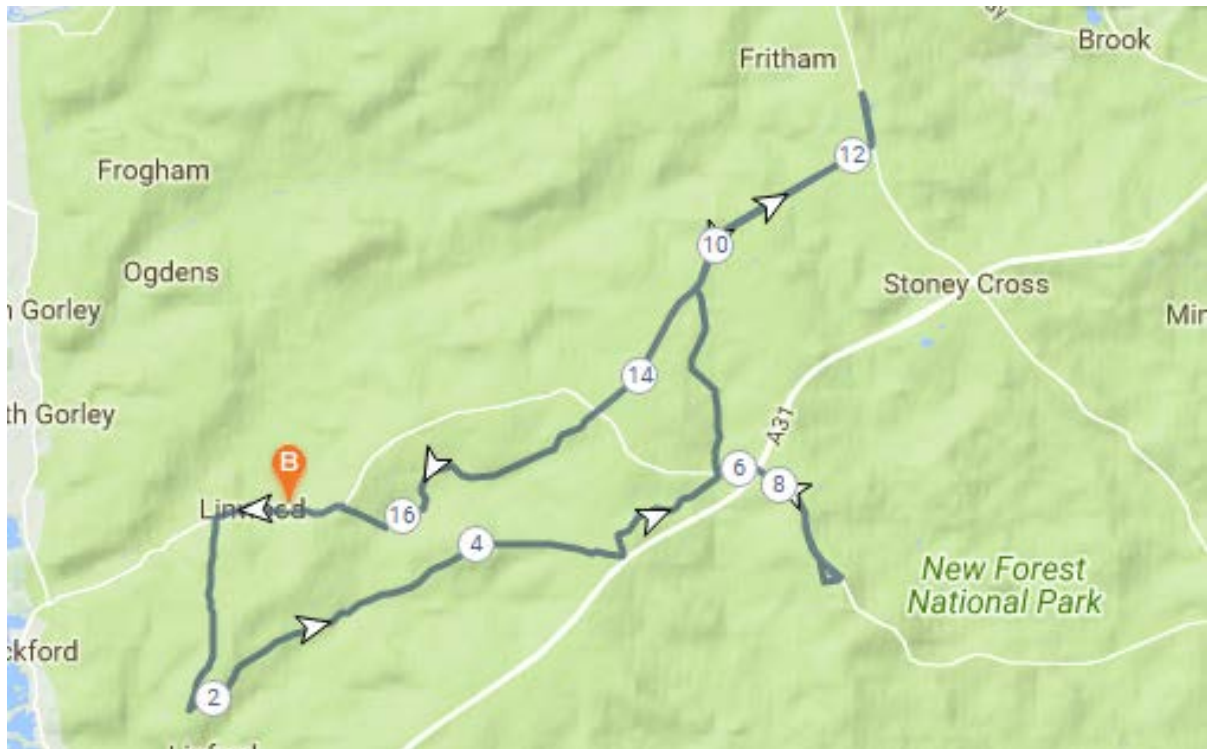


## 50 MILER (3 Laps of 16.6 miles)



All routes are fully marshalled. This is 80% vehicular track and 20% road (although there is option to run alongside the road on harder grassland)

**Start:** Outside the Red Shoot Pub      **Finish:** Inside the Camping park

This route takes you west from the Red Shoot pub for approximately 800m prior to turning left onto Rockford Common. There is a short, sharp gradient before levelling off onto track (turning into road) over the plain for approximately 2 Kms. Prior to a sharp V turn left is Feed Station no.1. Once through the gate at the entrance to the woods, you will make your way through meandering forest for approximately 3 Kms prior to turning right onto the high and exposed Bratley Plain. After just over 1 Km you turn down through Bratley Woods and to Feed Station 2 on the roadside. Turning right onto the Lyndhurst Road you will make your way under the A31.

After approximately 1.5 Kms you take the right fork around the Bolderwood Wood walk car park, circumnavigate the car park and head back up the road in the direction of Feed Station 2. Once back opposite Feed Station 2 you will turn right onto Sluffers Inclosure. After 1.5 Kms you turn right onto the road over Ocknell Plain and track the old WW2 landing strip to Janesmoor Plain. This is approximately 3 Km of dead straight road prior to coming to a T junction. You turn left here for only 250 metres prior to doing a U turn (at Feed Station 3) and heading back along the old landing strip towards Sluffers Inclosure. After approximately 4.5 Kms you reach Feed Station 4 in the Milkham Inclosure car park. After 2 Kms in the Milkham Inclosure woods you reach a T junction where you turn right up 'Heartbreak hill' for 200 metres to get to Rose Cottage. Following this, you turn left onto the road back to Red Shoot Pub to start further laps or, turn right back towards the Red Shoot Campsite and the finish line.

**THERE ARE NO KM MARKERS ON ANY ROUTES DUE TO THE CONFUSION IT WOULD CAUSE WITH MULTIPLE RACES TAKING PLACE AT ONCE**